



# Central Bedfordshire Peer Support Service

Peer support is a term used to describe where people with a similar lived experience come together to provide emotional, social or practical help to each other.

In Mind BLMK, this means that people who have an experience of mental ill health can spend time together, connect, share experiences and ideas of what can help. This support can be helpful for all involved – those supporting can feel helpful, useful and involved and those being supported can feel less alone, isolated and understand that others have had similar experiences.

**For more information, please contact:**

e: [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

t: 0300 330 0648

Groups run weekly face-to-face from various locations across Central Bedfordshire.

## **How to access support**

Referrals can be made by completing the referral form on our website.



**Peer support is working together.  
Everyone is helping everyone** 

 **mind BLMK**

[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

Charity No. 1068724